How appointment at a WIC clinic. At this appointment you will receive a health and nutritional screening and nutrition information.

If eligible, you will be given nutrition education,

referrals, and checks for

nutritious foods to buy at

local participating grocery

So now that you know more about WIC, why not see if WIC can help make a difference for you and your children?

stores.

Call 1-800-TEL-LINK 1-800-(835-5465) to find out where to go to see if you qualify for the WIC Program.





Missouri Department of Health and Senior Services Division of Nutritional Health and Services

Bureau of Nutrition Services and WIC

P.O. Box 570 Jefferson City, MO 65102-0570 www.dhss.state.mo.us

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis.

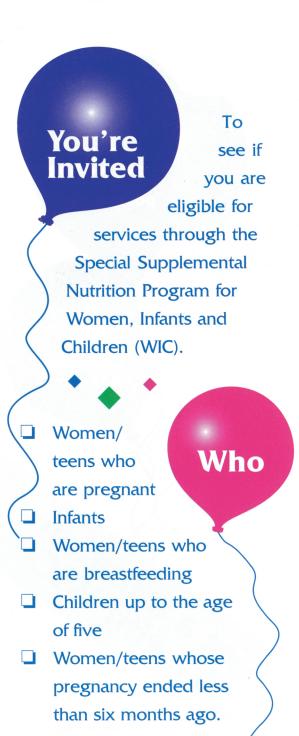
Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) may contact the Missouri Department of Health and Senior Services, Bureau of Nutrition Services and WIC, phone 1-800-382-8209. TDD users can access the previous phone number by calling 1-800-735-2966. An equal opportunity provider and employer.

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NHS WIC #160/01-02





To be eligible in Missouri, you must:

- meet nutritional or medical guidelines
- ☐ meet income guidelines

What WIC is a nutrition education, health promotion and supplemental food program to assist women, infants and children who have nutritional needs.

Benefits of WIC provided at no cost include:

- Nutrition education and guidance for you and your children
- Breastfeeding education and support
- ☐ Nutritious foods to supple-

ment your diet, such as milk, cheese, infant formula, ironfortified cereal, eggs, juice, etc.

☐ Referrals for health care

Good nutrition
will help provide
the best possible
start in life and is a
necessary ingredient for
you and for your child to
grow up healthy and
strong.

where

wilc is
offered
throughout the
state of Missouri at
local agencies. Call
1-800-TEL-LINK to find out
which WIC program is
closest to you.